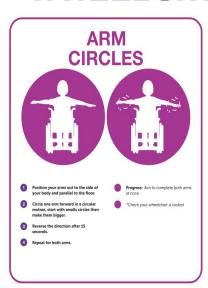
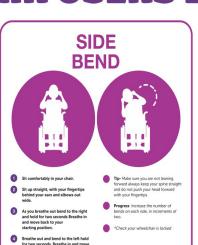
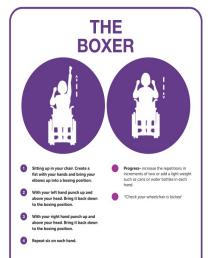
WHEELCHAIR USERS EXERCISES











5 Do five bends on each side.

